

25. (Amended) The method of claim 23, wherein the indicating to the user comprises displaying a numerical display on the lenses of the glasses.

26. (Amended) The method of claim 22, further comprising:  
sending the signal from the circuitry to a transmitter;  
sending the signal from the transmitter to a remote receiver;  
sending the signal from the remote receiver to a home computer;  
determining if the sensed condition exceeds the user's inputted target condition;  
and  
sending the signal from the home computer to a doctor's office through the Internet when the sensed condition exceeds the target condition.

27. (Amended) The method of claim 22, further comprising:  
sending the signal from the circuitry to a transmitter;  
sending the signal from the remote receiver to a home computer;  
determining if the sensed condition exceeds the user's inputted target condition by the home computer; and  
dialing an emergency service by the home computer when the sensed condition exceeds the target condition.

28. (Amended) The method of claim 22, further comprising:  
placing a sensor on the user's wrist;  
sensing the user's pulse rate by the sensor; and transmitting the pulse rate signal from the sensor to the circuitry on the glasses.

29. (Amended) The method of claim 22, further comprising:  
placing a plurality of electrodes on the user;